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Overview of Olympic Wushu Curriculum

Wushu at the Olympics

- Wushu will make its Olympic debut at the 2026 Youth Olympic Games in Dakar, marking a significant milestone for the sport[1].
- The International Wushu Federation (IWUF) has worked extensively to standardize and promote wushu globally, leading to its inclusion in the Youth Olympic Games[1] [2].

Main Disciplines

Wushu as a competitive sport is divided into two primary disciplines:

- **Taolu (Forms):** Choreographed routines judged on technique, difficulty, and overall performance.
- **Sanda (Sparring):** Full-contact combat sport combining striking and grappling techniques[3] [2].

Taolu (Forms)

Taolu routines are composed of martial art patterns and maneuvers, judged according to specific rules:

- **Routine Types:**
  - Barehanded (e.g., Changquan/Long Fist)
  - Weapons (e.g., sword, staff)
  - Partner Forms (Duilian): Choreographed sparring with or without weapons
  - Group Forms (Jiti): Synchronized group performances, sometimes with music[3] [4]
- **Judging Criteria:**
  - Quality of Movements (5 points)
  - Degree of Difficulty/Nandu (2 points)
  - Overall Performance (3 points)[3] [2]
- **Time Limits:**
  - External styles: Minimum 1 minute 20 seconds
  - Internal styles: Over 5 minutes[2] [4]
- **Difficulty Movements:** Increasing focus on aerial techniques (e.g., 540°, 720°, 900° jumps and kicks) to enhance performance and scoring[2] [4].

Sanda (Sparring)

- **Description:** Modern fighting sport influenced by traditional Chinese boxing, wrestling (Shuai jiao), and grappling (Chin Na).
- **Techniques:** Includes punching, kicking, throws, and takedowns—similar to kickboxing but with more grappling[2].

Athlete Development and Curriculum

- **Physical Requirements:** Successful wushu athletes typically exhibit low body fat, high flexibility, strong leg power, isometric strength, and anaerobic power[5].
- **Training:** Emphasizes both technical skill (forms and combat) and physical conditioning (strength, flexibility, power)[5].
- **Standardization:** The curriculum integrates elements from various traditional Chinese martial arts, emphasizing both hard/external and soft/internal styles[2].

Summary Table: Olympic Wushu Curriculum Components

Discipline	Events/Forms	Key Features	Judging Focus
Taolu	Changquan, Weapons, Duilian, Jiti	Choreographed routines; solo, partner, group; time limits; difficulty elements	Technique, Difficulty, Performance
Sanda	Full-contact sparring	Striking, Grappling, Throws	Effectiveness, Skill

Additional Notes

- The IWUF has developed educational resources, such as video courses, to support athlete and judge training for Olympic wushu[6].
- The curriculum is designed to be accessible, sustainable, and promote gender equality, aligning with Olympic values[1].

Wushu's Olympic curriculum emphasizes both athleticism and artistry, blending tradition with modern sport standards to create a dynamic and inclusive martial arts competition[1] [3] [2].

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How to Do a Wushu Jiti (Group) Step Curriculum

Wushu Jiti (Group Routine) involves a synchronized performance by 6 to 10 athletes, blending martial arts techniques, acrobatics, and creative choreography. The curriculum for mastering Jiti steps is systematic, focusing on both individual skills and group coordination.

Key Elements of Jiti Step Curriculum

- **Basic Movements:**
  All group members must master foundational wushu techniques, including stances, kicks, punches, balances, jumps, sweeps, and throws[7]. These are the building blocks for group choreography.
- **Step-by-Step Progression:**
  Training starts with simple movements and gradually advances to more complex acrobatics and combinations. This ensures safety and technical proficiency as athletes progress[8].
- **Choreography and Synchronization:**
  The group must perform routines in perfect unison. This requires:
  - Repeated practice of timing and spacing
  - Clear cues and counts for transitions
  - Consistent rhythm and pace throughout the routine[8]
- **Integration of Difficult Movements:**
  Advanced routines incorporate acrobatic elements such as:
  - Cartwheel rolls (360°)
  - Whirlwind kicks (360°, 540°, 720°)
  - Flying front kicks
  - Lotus kicks (360°, 540°, 720°)
  - Tumbling and split landings
    Each difficult movement has specific requirements, such as landing in a particular stance (e.g., horse stance after a lotus kick)[9].
- **Connection and Finishing:**
  Movements must be connected smoothly, with each action finished cleanly before the next begins. For example, after a jump or kick, athletes may need to land in a split, lifted knee stance, or horse stance, and hold the position motionlessly before transitioning[9].
- **Creativity and Aesthetics:**
  Judges evaluate not only technical difficulty but also the creativity, visual appeal, and overall harmony of the group's performance. Music and special effects can be used to enhance the routine[8].

Example: Basic Jiti Step Sequence

1. **Form a Line or Formation:**
   Athletes start in a synchronized stance (e.g., horse stance).
2. **Execute a Coordinated Step:**
   - First step: Half-step (short, quick movement)
   - Second step: Touch the floor forcefully
     Both steps should be executed with power and precision[9].
3. **Add a Kick or Jump:**

- For example, a flying front kick followed by a lotus kick.
- Ensure all athletes use the same leg for take-off, kick, and landing[9].

4. **Land in a Designated Stance:**
   - After a jump, land in a split (dieshucha) or horse stance (mabu), holding the position before the next movement[9].
5. **Transition to Next Movement:**
   - Use clear cues or counts to move together into the next technique, such as a group punch or synchronized acrobatic move.

Judging Criteria

- Synchronization and timing
- Technical execution and difficulty
- Creativity and choreography
- Overall group aesthetics and impact[8] [9]

Training Tips

- Practice individual techniques until proficient.
- Drill group movements with a focus on timing and spacing.
- Use mirrors or video for feedback on synchronization.
- Gradually increase routine complexity as the group's skill improves[8].

In summary:
Mastering Jiti steps in wushu requires a structured approach—starting with basics, building up to advanced acrobatics, and emphasizing synchronization, creativity, and clean transitions to deliver an impressive group performance[8] [9] [7].

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1. https://www.iwuf.org/en/competitions/other-iwuf-events/index.html
2. http://www.wushu-olympics.com/wushu.html
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